Dr. Sears'
Confidential Cures
Your Guide to Truth and Lies in Medicine from Around the World

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Dear Friend,

Your immune system is under attack. But not from viruses, bacteria, or the usual suspects.

It's under attack from bad medical advice.

For decades — but especially for the past six years — you've been told the same thing by leading health "experts," the government, and the mainstream media:

That you need to "boost" your immune system to protect your health.

But this is one of the biggest myths in health care.

Your immune system doesn't fail because it's weak.

It fails because modern life has left it overstimulated, under-fueled, and stuck in overdrive.

And nowhere is that failure more obvious than in the explosion of chronic inflammation, autoimmune disease, cancer, allergies, and recurrent infections we now accept as normal.

And despite billions spent on Big Pharma's immunosuppressants and biologic drugs, chronic inflammatory diseases continue to rise.

The real problem isn't immune deficiency. **It's immune dysfunction.**

And one of the biggest reasons may be a small, forgotten organ sitting behind your breastbone...

When you're young, this organ acts like a training academy for your immune system. It teaches your T cells to recognize and destroy dangerous threats — without attacking your own healthy tissues.

But starting early in life, its function begins to disappear. By middle age, up to 90% is gone.

That leaves your immune system less able to fight new threats — yet more prone to chronic inflammation.

Conventional medicine considers this an unavoidable part of aging.

I don't.

Because new research shows this disappearing organ has the ability to regenerate. And that could completely change how we approach immune aging.

In your September issue of ***Confidential Cures***, you'll discover:

- How to reawaken this disappearing organ and restore the immune defenses you had when you were younger. I'll reveal the pioneering peptide therapy I use with my patients — plus simple nutrients, exercise, and stress-fighting strategies that support this overlooked organ.
- How the government stripped away the natural wavelengths your cells rely on — and replaced them with "ultra-processed light." You'll discover how to restore the missing red and infrared wavelengths that help your mitochondria produce the energy your body needs.
- How parents defied doctors to save their severely brain-injured son using one of my favorite nutrients. I'll show you how you can use it to protect your brain, heart, vision, and more as you age.

To Your Good Health,

Al Sears, MD, CNS

Also in This Issue...

Does This Disappearing Organ Hold The Secret To Anti-Aging?.....2
The Hidden Health Cost Of Today's Gov't-Mandated Light Bulbs.....8
Parents Defied Doctors To Save Their Son's Life — And His Brain.....13

Does This Disappearing Organ Hold The Secret To Anti-Aging?

You Lose 90% Of Your Thymus By Middle Age ... But New Research Reveals How To Restore Its Function

Your immune system doesn't have to fall apart just because you're getting older.

But that's what conventional medicine would have you believe.

Doctors accept that infections become more dangerous as you age... Inflammation increases... Your defenses weaken... And your risk of chronic disease climbs.

They even have a scientific name for this decline: immunosenescence.

But they rarely ask the more important question:

Why does it happen?

I believe part of the answer can be traced to a small, forgotten organ sitting right behind your breastbone.

It's called your thymus.

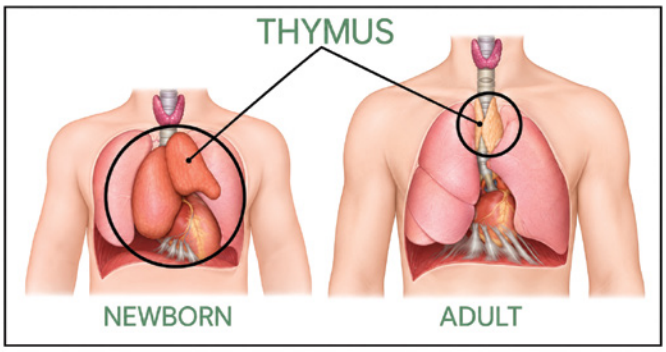
And if you've never heard much about it, you're not alone. Your doctor probably hasn't talked to you about it either.

Yet your thymus controls one of the most important functions in your body.

It's the training ground for your T cells — the immune cells that learn to identify and destroy threats while leaving your healthy tissues alone.

When you're young, your thymus is incredibly active. But then something strange happens.

Starting surprisingly early in life, your thymus begins to shrink.



By middle age, 90% of your immune-boosting thymus has disappeared.

By middle age, much of the active tissue that produced T cells when you were young has already been replaced by fat. In fact, up to 90% of it is gone.[1]

That's why most people tend to get sick more easily as they age.[2]

Conventional medicine has largely treated this as just another unavoidable consequence of aging.

I don't buy that.

Because exciting research is revealing something that turns the conventional view of immune aging on its head...

Your thymus is able to regenerate.

And that raises an extraordinary possibility: What if some of the immune decline that you've been told is an inevitable part of aging isn't inevitable at all?

In this issue of *Confidential Cures*, I'm going to introduce you to this forgotten organ and show you why the health of this long-ignored organ is far more important to the way you age than most doctors realize.

> "Your immune system doesn't simply become weaker. **It becomes different."**

You'll also learn about the surprising new research that suggests your thymus may not simply be destined to fade away with age, and how you can reinvigorate it to restore much of your body's youthful immune power.

The Problem Isn't Just Your Age

Here's something most people don't realize about aging...

Your immune system doesn't simply become weaker. It becomes different.

You see, as the thymus shrinks, it produces fewer new T cells. That means that in order to defend itself, your body increasingly relies on immune cells that were generated years or decades earlier.

That's not a problem when you're young. But as you age, your immune system has less flexibility.

And here's the troubling part about immune aging...

You can have an immune system that is simultaneously less capable of fighting new threats and more prone to chronic inflammation.

This is not simply a weaker immune system. It's an immune system that's less prepared and no longer functioning at peak capacity.

As I mentioned earlier, this process is known as immunosenescence.

It's the gradual deterioration in your body's defenses that leaves you less equipped to fight new threats, while at the same time making it harder for your immune system to keep inflammation under control.

Researchers now believe that the gradual shrinking of your thymus is one of the main drivers of this age-related decline in your immune system.[3]

That means we've been looking at aging from the wrong direction.

Instead of asking how to treat the diseases that appear when your immune system deteriorates, we should be trying to preserve the machinery that deteriorates in the first place.

In other words... Save your thymus.

Could Aging Begin In The Thymus?

Researchers now know that your thymus doesn't just get smaller as you age. Its internal architecture also changes.[4,5]

Specialized cells that support T-cell development become less effective. Production of young T cells falls. And your immune system becomes less responsive to threats it hasn't encountered before.

Recent research has identified age-related defects in thymic epithelial cells that may help explain why regeneration becomes increasingly difficult as you get older.[6]

That means thymic aging isn't just about losing some tissue.

It also means you're losing part of your body's ability to train naïve immune cells — the fresh recruits your immune system needs to recognize threats it hasn't encountered before.

And that's important because without a well-functioning immune system, healthy aging is impossible.

Think of your thymus as your immune system's training academy.

When you're young, it's busy taking immature T cells and putting them through an extremely sophisticated education process.

The cells that graduate are equipped to recognize foreign invaders, while learning not to attack your own healthy tissues.

But as the thymus ages, that training academy starts to fall apart. And when you lose the ability to train fresh T cells, your immune system becomes increasingly dependent on its old recruits.

That can leave you with fewer resources to respond to threats your body has never seen before — just when you need your immune defenses to be at their best.

Your Immune System Does Far More Than Fight Infections

Most people tend to think of immunity as the system that fights colds and flu, or infections when they occur in cuts and scrapes.

But that's only part of its job.

Your immune system is involved in:[7,8,9,10,11,12]

- Tissue repair and regeneration
- Clearing away damaged and dying "zombie" cells and tissue
- Controlling inflammation
- Regulating your metabolism
- Identifying and destroying abnormal cells
- Keeping dormant viruses in check
- Maintaining your intestinal barrier
- Regulating the function of fat tissue
- Distinguishing your own healthy tissues from foreign invaders
- Building immune memory after exposure to pathogens

In other words, your immune system isn't just protecting you from the flu. It's involved in nearly every aspect of how well — or how poorly — you age.

As immune aging progresses, the balance between different types of T cells changes.

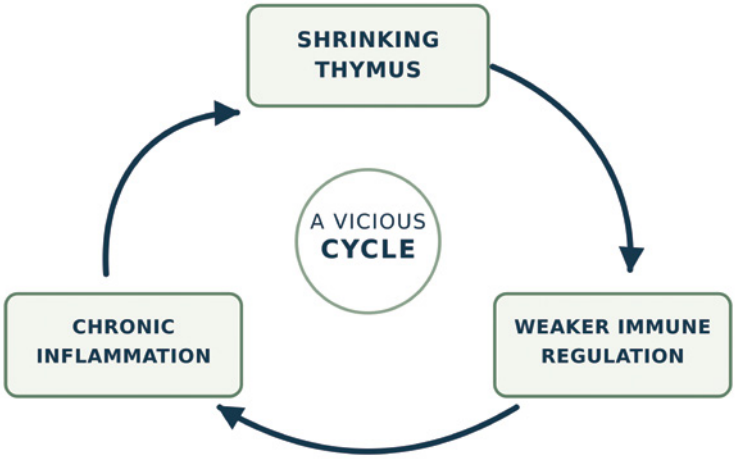
Damaged and senescent immune cells can accumulate. And chronic inflammatory signaling can increase.

Researchers refer to this persistent age-related inflammatory state as inflammaging. And here's why that matters:

Many of the diseases we associate with getting older — from cardiovascular disease and metabolic disorders to cancer and other chronic conditions — are closely linked to chronic inflammation and declining immune function.

You see, as your thymus shrinks, your immune system becomes less well regulated.

That can lead to more chronic inflammation. And that inflammation can further interfere with healthy immune function.



It becomes a vicious cycle: A weaker thymus contributes to immune decline... And immune decline creates conditions that can make the problem even worse.

But if you can preserve your thymus — or better yet, find ways to restore at least some of its youthful function — you can also preserve your body's ability to maintain a balanced, responsive immune system.

Pioneering Peptide Therapy Helps Restore An Active Immune System

At the Sears Institute for Anti-Aging Medicine, I help patients restore immunity with a pioneering new approach using a thymic peptide called **thymosin Alpha 1** that has been shown to revitalize thymic function.

This string of 28 amino acids is already used in more than 35 countries outside America for the treatment of hepatitis B and C, sepsis, and as a general immune stimulant.[13]

Let me explain...

Thymosin Alpha 1 is a natural peptide your thymus makes by itself. But as your thymus shrinks, your production declines.

When scientists started using a purified version in the lab with the same amino acid sequence your thymus normally produces, they were stunned by the results:[14]

- Patients with chronic infections started clearing viruses more effectively.
- Cancer patients on chemotherapy saw fewer infections and recovered faster because their immune systems were stronger.
- People with immune deficiencies began producing more T cells.

The studies found that thymosin Alpha 1 reawakened dormant T cells and got them back into action.

As a result, it ramped up patients' immune response — not in an overactive, autoimmune way, but in a balanced, powerful way.

Three More Ways To Support Your Thymus

You can't magically turn a 65-year-old thymus into the thymus you had at age 5.

But you can improve the environment in which your thymus and immune system operate — and some of the ways you can do this are surprisingly simple.

Here's what I recommend:

1. Correct Nutritional Deficiencies: Your immune system requires adequate protein and a wide range of vitamins and minerals to function properly. So nutrition is the first place I would look for thymus support.

- **Get More Of This Trace Element.** Zinc is essential for thymus regeneration. Animal studies show zinc deficiency disrupts thymus repair and T cell development. Studies also show that zinc prompts thymic regrowth after damage.[15]

  I recommend supplementing with 30 mg a day of zinc picolinate. Take it one hour before meals.

- **Increase Your Vitamin D.** You can't have a functional immune system without vitamin D. Vitamin D activates T cells, helps regulate inflammation, and supports your immune defenses against invading pathogens.

  Exposing your skin to 10 to 20 minutes of sun a day can give you 10,000 IU of vitamin D. I also recommend supplementing with at least 5,000 IUs of the cholecalciferol form of D.

- **Add In More Selenium.** Your thymus depends on selenium. It helps protect thymic tissue from oxidative damage and supports the development and activity of the T cells your thymus produces.

  Pick a supplement that contains selenomethionine, the organic form of selenium. I suggest 100 mcg to 200 mcg daily.

And don't overlook protein. Your body needs amino acids to build immune cells, enzymes, and the proteins that allow your immune system to communicate.

2. Exercise Is Key, But Skip Long Cardio: To keep your thymus and immune system functioning as you age, don't assume you need to spend hours pounding away on a treadmill or stationary bike.

Instead, I recommend short bursts of intense exercise, like my PACE program. It gives your body a powerful stimulus without subjecting it to the chronic stress of long-duration endurance exercise.

You see, when you exercise intensely, your body responds by mobilizing immune cells, including T cells and natural killer cells, into your bloodstream. This increases immune surveillance — essentially putting your body's security team on patrol.

Research has found that regular high-intensity interval exercise like PACE can influence immune-cell function and can help counter many of the changes associated with immune aging.[16]

Here are two of my favorite movements to do during a PACE workout:

- **Push-ups**: Start face down on the floor, palms against the floor under shoulders, toes curled up against the floor.

  Push up with your arms, keeping a straight line from head through toes. Lower to within a few inches of the floor and repeat.

  This exercise is great for your entire upper body. And if you're just beginning, you can do push-ups from your knees.

- **Squats**: Stand with feet shoulder-width apart. Squat as far as possible, bringing your arms forward parallel to the floor.

  Return to standing position and repeat.

  Lean a bit forward to work your buttocks and straighten up to work the big muscles in your thighs.

Choose one of these exercises to start. Try to do three sets. Perform each movement until you reach your desired intensity. Then rest and recover. At first you'll have to take longer breaks, but they'll get shorter as you build your natural strength.

Increase the intensity with each set. At the same time, try to shorten your recovery time between sets, or get up to your desired intensity faster.

The key is to listen to your body. You should be panting at the end of each exertion period. You should not be taxed and exhausted through the whole workout.

If you want to learn other PACE exercises, go to my YouTube channel: **www.youtube.com/user/AlSearsMD/videos**. I have more than 30 different exercises and a complete workout to help you get started.

3. Reduce The Physical Effects Of Chronic Stress: Stress doesn't just affect your mood. It affects your thymus.

In fact, researchers have described your thymus as a kind of "barometer of stress" because it is so sensitive to what's happening inside your body.[17]

When you're under prolonged emotional or physical stress, your body releases stress hormones like cortisol. And those signals can cause your thymus to shrink and reduce its production of new T cells.

That's a problem because your body wasn't designed for the relentless 24/7 stress of modern life.

Debt worries... job pressures... health care costs... traffic snarls. Your brain may see these as everyday aggravations.

Your body sees them as biological stress.

Of course, you can't eliminate every stressful event from your life. But you can change how your body responds to them.





One of my favorite ways to do that is a simple mindfulness exercise I call the Marine Mind Trick.

Instead of allowing your mind to race from one worry to another, you deliberately slow down, focus on your breathing, and give your body a chance to come out of its constant state of high alert.

This mindfulness meditation exercise, used by the U.S. Marines and Special Forces, is one of the most powerful methods for knocking out stress. Here's the technique:

- Sit in a comfortable position, close your eyes.
- Let your awareness settle on the movement of your breath.
- Follow the in-breath and out-breath, perhaps by saying "breathing in, breathing out" quietly to yourself.
- Sit upright, with your spine straight and your chin slightly tucked, while you calmly observe your breath.
- Do this for 10 to 15 minutes a day.

That's it. Try to do this practice every day. It helps to lower blood pressure, slow down your thoughts, and refresh body and mind.

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The Hidden Health Cost Of Today's Gov't-Mandated Light Bulbs

But You Can Restore The Missing Wavelengths Your Mitochondria Crave

Think about what the food industry has done to your bread. They stripped out the germ, the fiber, and the minerals — and called it progress.

The same thing has happened to your light.

But light isn't just something you see by. It's something your body runs on — specifically the long red and infrared wavelengths.

More than half of the energy in sunlight reaches you as infrared light — invisible wavelengths your cells respond to.

But the LED bulbs filling nearly every socket in your home produce very little of these wavelengths.

Researchers have a name for what replaced them:

They call it "ultra-processed light."[1] And you're living under it for roughly 90% of your life.[2]

You've probably sensed the difference already.

The flat, cold glare of the new bulbs never sat right with you. You missed the warm glow you read by for 50 years. You were told that was nostalgia.

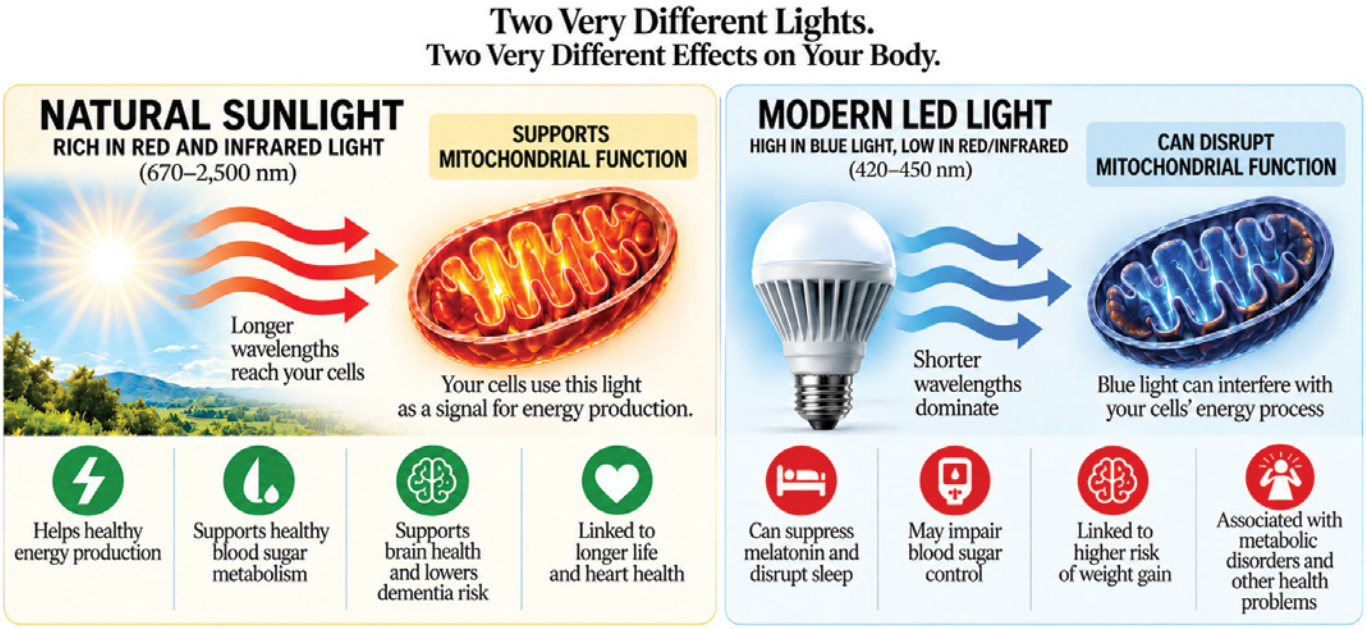
But it wasn't nostalgia. It was biology.

Your eyes adjusted within a week — eyes do that. The rest of your body didn't. Because it wasn't just *seeing* that light. It was living on it.

Scientists are now discovering that these wavelengths can interact with the tiny energy factories inside your cells — your mitochondria — and influence how they produce energy.

That discovery starts in a laser lab outside Moscow.

And it leads to a blood sugar experiment in London that produced an astonishing result.



Your body was designed for red and infrared light. Today's LED bulbs are starving your cells.

In this ***Confidential Cures*** article, you'll discover how modern lighting quietly cut off a second energy supply your cells have relied on since the beginning of human history — and exactly how to switch it back on, starting tomorrow morning.

> "Your cells have two supply lines. Food is one. **Light is the other."**

The Scientist Who Discovered Your Cells "Feed" On Light

In 1981, in a laboratory outside Moscow, a biophysicist named Tiina Karu asked a question almost no one in Western medicine took seriously:

Why does red light heal?

Soviet doctors had been using low-level laser light on wounds and pain since the 1960s. By 1974, light therapy was standard care in Soviet hospitals.[3]

Western medicine dismissed it as "unproven."

Karu spent more than a decade trying to understand how it worked. And in 1995, she was finally able to publish her findings...

Cells exposed to red laser light dramatically increased their production of ATP, the molecule that powers everything a cell does.

In her laboratory studies, ATP levels climbed to roughly 170% of normal.[4]

She went further. She identified the exact receptor — an enzyme deep in your mitochondria, the parts of your cells that turn the food you eat into energy. That enzyme absorbs long-wavelength red light directly. When it does, the entire energy-making sequence runs more smoothly.[5]

In other words: Your cells have two supply lines. Food is one.

Light is the other.

But Karu published from the wrong side of the Iron Curtain. She wrote in Russian journals Western researchers didn't read. Her work sat unread for decades.[6]

Until today.

In 2024, researchers in London conducted a study that should have made front pages. Thirty healthy adults drank a standard sugar solution — the same glucose challenge used to screen for diabetes.[7]

Half sat for 15 minutes with a red light shining on their backs. The other half sat in ordinary room light.

That was the entire intervention.

The red-light group's blood sugar spiked after the sugar drink was 27.7% lower than the group with no red-light exposure.

The researchers could even measure where the sugar went: The light-exposed group exhaled more carbon dioxide. That's the signature of cells putting glucose to use instead of letting it pool in the blood.[8]

Mainstream medicine has spent decades telling you blood sugar is only about diet and exercise. This study says there's a third lever. And it's been switched off since incandescent bulbs left the shelves for good.

How The Red Went Missing From Your Life

For all of human history, those wavelengths were unavoidable. Sunlight delivered them all day. Fire delivered them all evening.

Even Edison's bulb kept the ancient arrangement intact.

An incandescent bulb is a glowing filament, and engineers' measurements show over 70% of what it emits is infrared, with more in the long visible reds.[9] Every lamp in your childhood home was, in effect, a small, contained fire.

Then, in the space of about a decade, the arrangement ended.

LED bulbs took over nearly every socket in America. They put out plenty of visible light, but beyond the edge of visible red, they produce essentially nothing.[10]

Your windows changed, too. Modern low-E glass carries an invisible metallic coating designed to filter out infrared while letting visible light through. By 2015, more than 80% of American home windows had it.[11]

> "The wavelengths your cells feed on are, by legal definition, **waste.**"

So the light you live in was stripped twice — once at the bulb, then at the window. And the average American spends 87% of their time inside buildings.[12]

One neuroscientist at University College London puts the loss bluntly: "We lost about 95% of the spectrum. Suddenly, without warning, boom, the long wavelengths go."[13]

Now for the part I find most remarkable...

The rules that drove this changeover judge every bulb by a single measure: lumens per watt. That includes the rules that took ordinary incandescent bulbs off American store shelves in July 2023.

Lumens count only the light your eyes can see. Everything else a bulb produces is officially classified as waste.[14]

Read that again. The wavelengths your cells feed on are, by legal definition, waste.

Nowhere in that process did anyone run a health study on what removing those wavelengths does to the human body.

The question wasn't answered badly. It was never asked.

And the standard will tighten again in 2028.

What This Missing Light Is Doing To Your Body

So what happens when your body no longer gets the same light it evolved to need?

Researchers have started asking that question. And they're finding clues in some of the same health problems you've been trying to fight with diet and exercise.

Start with your blood sugar.

In a study published in January 2026, Dutch researchers recruited 13 older adults with type 2 diabetes.[15]

For 4.5 working days, the volunteers sat in an office under standard artificial lighting. Then they spent another 4.5 days in the same office with natural daylight streaming through the windows.

The difference was striking.

Under natural daylight, they spent more time with their blood sugar in the normal range. Their bodies also shifted toward burning more fat for fuel.

And light may matter to your brain, too.

Researchers followed 87,577 older adults who wore wrist sensors that measured how much light they were actually exposed to during the day.

Those who received brighter daytime light had about a 16% lower risk of developing dementia over the next eight years.[16]

Sixteen percent.

From something as simple as getting more light during the day.

Then there's longevity.

Researchers analyzing more than 450,000 people in the UK Biobank found that greater ultraviolet exposure was associated with a 12% lower risk of dying from any cause and a 19% lower risk of dying from heart disease.[17]

These studies don't prove that infrared light alone was responsible.

But they point to something modern medicine has largely overlooked:

Your body responds to the light around you.

And we haven't just removed wavelengths from our indoor environment. We've changed the balance in the other direction, too.

As red and infrared wavelengths largely disappeared from indoor lighting, cool-white LEDs and glowing screens began flooding your evenings with shorter blue wavelengths.

Laboratory research suggests those wavelengths can affect cellular energy production.

In human eye tissue, researchers found that blue light at ordinary environmental levels disrupted mitochondrial metabolism — the process your cells use to produce energy.[18]

And when researchers exposed mice to short-wavelength blue light, the animals began gaining more weight within the first week.[19]

If light matters this much, why hasn't somebody told you?

Consider who would profit from telling you. Nobody can patent a wavelength. There's no pill to prescribe, no procedure to schedule. Sunlight doesn't have a billing code.

And the rules governing your light aren't written by physicians — they're written by energy regulators, using a formula that scores the biologically active part of light as waste heat.

Nobody hid this from you. That's what makes it worse. There was simply no one whose job it was to care.

Today, Hospitals Are Quietly Turning Back

Researchers have known since the 1990s that hospital patients recover differently depending on light.

In a study of 628 heart attack patients, those assigned to sunny rooms went home sooner — among women, a full day sooner — and mortality was lower in the sunny rooms for both sexes.[20]

A 15-year analysis of 85,000 hospital records found the same pattern: Patients in beds near windows were discharged earlier.[21]

It's starting to be tested as treatment. In a randomized trial published this year, pneumonia patients given 15 minutes of near-infrared light daily left the hospital two days sooner than those who weren't.[22]

And in May, after a lighting survey found "absolutely no long-wavelength light" in its critical care unit, King's College Hospital in London opened a six-bed ward on its roof — outdoors, in daylight. Two more London hospitals are reportedly considering the same.[23]

When hospitals start moving their sickest patients toward the light, the question stops being whether this matters. The question is what you're going to do about it in your own home.

My Light Restoration Protocol

Here's the good news: This may be the cheapest deficiency you will ever correct. Most of what follows is free, and you can start this week.

Step 1: Start Your Day With Natural Light. Outdoor daylight delivers thousands of lux of full-spectrum light even under cloud cover — indoor lighting typically delivers a few hundred, with the long wavelengths missing.

Get outside before mid-morning for 20 to 30 minutes. If you must stay in, open the window. Remember, the glass itself filters what you need.

Step 2: Bring One Real Bulb Back. An incandescent-type filament produces the long wavelengths no LED can — even when dimmed low.

Ordinary household incandescent bulbs left the stores in 2023. But there is a full-spectrum filament bulb that remains fully legal and costs just a few dollars: the infrared heat lamp bulb that was typically used in bathrooms.

Put a 250-watt infrared heat-lamp bulb in a sturdy clamp fixture with a dimmer. Position it a few feet from your reading chair, angled so the light reaches you without shining straight into your eyes.

Sit near it for 15 minutes in the evening. Position the lamp so its light reaches a broad area of your body without shining directly into your eyes.

> ***NOTE:*** Because a 250-watt infrared bulb gets extremely hot, use only a fixture rated for the bulb's wattage and heat, and follow the manufacturer's recommended distance and safety instructions.



Although standard household incandescents are no longer made, 40-watt appliance bulbs — sold for ovens and refrigerators — still fit ordinary lamps.

Step 3: Go Low And Slow With Red-Light Panels. Red-light therapy devices can deliver the right wavelengths — but the research keeps finding the same pattern: Modest exposures help, while heavy exposures may wipe out the benefit.[24]

More is not better. The sun never delivered these wavelengths at panel-point-blank intensity, and your cells aren't asking for that.

If you use a panel, choose one emitting around 630–670 or 810–850 nanometers, follow the manufacturer's distance, and stop at 10 to 15 minutes a day. If you don't own one, don't feel you need one — the sun and a heat lamp cover the same territory for pennies.

Step 4: Give Your Mitochondria What They're Missing. Red and infrared light can help stimulate your mitochondria to produce energy. But they also need the right nutrients to keep that energy-making machinery running efficiently. These two are especially important:

- **CoQ10** is essential to the same energy-making process that red and infrared light can influence. It helps your mitochondria turn the food you eat into ATP — the energy that powers your cells.[25]

  You'll find CoQ10 in organ meat, beef, chicken, and fish. But it's almost impossible to get what you need from food.

  I suggest supplementing with ubiquinol CoQ10. It's eight times more powerful than the common ubiquinone form your body struggles to absorb. I recommend at least 50 mg daily.

- **PQQ** signals your cells to build brand-new mitochondria. More mitochondria mean more places for that light to do its work.[26]

  You'll find small amounts in natto, parsley, green tea, green peppers, kiwi fruit, and spinach, but you'd have to eat a lot to get what your body needs.

  I recommend taking a 20 mg supplement daily, alongside your CoQ10.

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Parents Defied Doctors To Save Their Son's Life — And His Brain

You Can Use The Same Supplement To Protect Yourself From Cognitive Decline, Heart Disease, Cancer... And So Much More

If you're like me and you can use some feel-good inspiration from Mother Nature, I've got just the story for you.

It begins on a September afternoon in a southern California town. Sixteen-year-old Grant ran out his front door following a heated argument with his mother.

As he was running across the busy road in front of his house, a speeding car slammed into the teen and ran him over.

Neighbors across the street watched in horror as the accident unfolded.

The driver of the speeding car slammed on her brakes and screeched to a halt. She got out and briefly surveyed the scene and checked out the damage to her vehicle.

Then the still-unidentified hit-and-run driver jumped back into her car and sped away.

Grant lay dying on the side of the road...with fractures in his skull, clavicle, and spine. His spleen and liver were lacerated and his aorta was crushed.

The neighbors quickly called 911. A few minutes later EMS arrived...

Grant was initially pronounced dead at the scene. But paramedics were able to revive him long enough to have him airlifted to the hospital.

Doctors told the devastated family that their son would never wake up. Let alone walk, talk, or even know his own name.

His brain injury was just too severe...



When her son was in a devastating car accident, doctors told a California mom to "let him go." But she saved his brain — and his life — with high doses of the omega-3 fatty acid DHA.

They told the parents to say goodbye to their son and "let him go."

But like you and me and every parent out there, Grant's mother and father refused to accept that their son's life was over.

Ignoring Mainstream Medicine Saved Their Son

From that moment forward, they stopped listening to conventional medical wisdom and vowed to do everything they could to help him recover.

That "everything" included delivering high doses of the omega-3 fatty acid DHA through Grant's feeding tube.

After two days of receiving these "DHA smoothies," Grant shocked his family — and the medical staff — by waking up and talking.

> "Every year, our brains shrink by almost 1% each year and we lose 30 million brain cells. **But DHA can mitigate decades of brain aging."**

Soon he was conversing in complete sentences.

Today, Grant has not only survived his traumatic brain damage, he is thriving. He's back to lifting weights and running sprints — just like before the accident.

Stories like this continue to be ignored by the mainstream medical establishment. But as a regular reader of my letters, you probably aren't surprised.

Because you know that supplementing with DHA provides the foundation for your brain to repair itself.

DHA Protects Against Brain Aging

The effects are dramatic in cases like Grant's... where there was substantial trauma. But DHA also helps improve brain health due to aging.

You see, our brains shrink by almost 1% each year. And we lose 30 million brain cells each year.

Most of the loss is in the hippocampus, the region of the brain where we process memory, learning, and recognition. This is why we get "senior moments," brain fog, age-related memory loss, and problems with facial recognition.

The good news is, it's not just avoidable...

It's reversible — like in Grant's case. And studies prove it.

Researchers found DHA can mitigate decades of brain aging. When they gave it to a group of 240 older adults with mild cognitive impairment, MRI scans revealed significant differences in the volume of the total hippocampus.[1]

Another study found that fatty acids can also restore brain cell growth and memory in mice with Alzheimer's.[2]

But the most dramatic finding came from a UCLA study.

In that breakthrough study, researchers reversed Alzheimer's in 90% of patients using DHA and vitamin D.[3]

I've seen the same — and better — results in my own patients. Even those with dementia and early Alzheimer's.

Here's how DHA works.

As soon as it detects damage, it converts to a compound called neuroprotectin D1 (NPD1). This is one of the first lines of defense your body activates when brain cells are threatened.[4]

NPD1 lowers inflammation in the hippocampus. This area of the brain is called the "seat of memory."[5]

In other words, it stops the damage that is destroying your memory function. Not surprisingly, low levels of NPD1 have been found in patients with early-stage Alzheimer's disease.

But you can turn that around by getting more DHA.

You can also use DHA to *prevent* Alzheimer's disease from ever taking hold...

Prevent Alzheimer's And Dementia From Taking Root

New research published in the journal *Nutrients* revealed that people with more DHA in their blood are **almost 50% less likely to develop Alzheimer's** compared to those with lower amounts.

In the study, researchers from the Fatty Acid Research Institute examined data from the Framingham Offspring Cohort, which included 1,490 dementia patients aged 65 or older. Scientists observed the association of red blood cell DHA levels with incidents of Alzheimer's.[6]

They also tested DHA's interaction with ApoE4, the "carrier gene," which can double the chances of developing dementia.

At the end of the study, researchers found that the risk for developing Alzheimer's plummeted by a full 49% in the group with the highest levels of DHA — providing almost five more years of life free of the disease.

But this isn't the first time I've seen a study like this.

Earlier studies have shown that DHA can help improve memory and learning even in older adults already living with mild cognitive decline.

In a study published in *Alzheimer's & Dementia*, scientists conducted a randomized, double-blind, placebo-controlled study evaluating DHA's effects in 485 adults aged 55 and up.

In just six months, the participants that supplemented with DHA showed improved memory.[7]

Every Part Of Your Body Benefits From DHA

I've been telling my patients about increasing their DHA for a while now. And if you want to live your life to the fullest, you can't afford not to.

You see, you're not just putting your brain at risk by avoiding it. Boosting DHA in the body helps to:

• **Energize And Protect Your Heart.** DHA is a potent defender against heart disease.[8] It helps eliminate the need for statins and has been proven to raise HDL.

A recent study shows that simply having enough DHA (and EPA) in your body lowers the risk of cardiac death by 50%.[9] No Big Pharma drug can do that.

Another study determined that DHA is more effective than drugs for congestive heart failure.

In the landmark Women's Health Initiative study, researchers looked at almost 100,000 women. Those with the highest intake of fish and DHA had a 30% lower incidence of heart failure.[10]

And a third study found that DHA prevents atrial fibrillation (a dangerously irregular heart rhythm).

Researchers looked at a combined 355 people in Iceland and Australia. For the entire group, the odds of having a dangerously irregular heartbeat were 236% greater for people with the least amount of DHA present in their heart cells. Those with an optimal amount of DHA had the lowest odds of having these dangerous heart flutters.[11]

• **Reduce Your Risk Of Certain Kinds Of Cancer.** DHA has been linked to a lower risk of cancers, including colorectal and pancreatic. And in a study of women over the age of 50, it was found to reduce the risk of breast cancer by 32%.[12]

• **Boost Your Mood.** DHA is concentrated in your brain's "mood zone." It helps electrochemical signals jump between cells.

But if the brain doesn't get enough DHA, it creates second-rate brain cells that can't do their job properly. Studies show how the brain needs DHA to ward off depression.[13]

A 2019 review of 26 studies in people with depression showed an overall beneficial effect of DHA on symptoms.[14]

In another study of 22,000 adults in Norway, those who reported DHA daily were 30% less likely to have symptoms of depression than those who didn't.[15]

• **Protect Your Eyes.** Up to 60% of the content in your eyes is made from DHA.

In a review published in the *American Journal of Clinical Nutrition,* researchers concluded that DHA is so powerful that eating oily fish just once a week slashes the risk of developing age-related macular degeneration in half.[16] AMD is a major cause of blindness and poor vision in older adults.

Another study found that taking DHA daily lowered eye pressure in healthy people by 8%.[17] Elevated eye pressure is a risk factor for glaucoma, a disease that gradually erodes vision

• **And Your Ears.** The Blue Mountain Hearing Study followed almost 3,000 people for eight years. The researchers found those with the highest intake of omega-3 had a 42% lower risk of hearing loss.[18]

> "Chronic inflammation is the number one cause of accelerated aging and the diseases related to it."

• **Stop Fatty Liver Disease.** This deadly disease is becoming an epidemic in America. But researchers found that supplementing with DHA stops fatty liver disease in its tracks.

In the study, they fed animals a Western-style diet that leads to obesity. Then they gave them DHA. The team found that DHA blocked the progression of the worst form of fatty liver disease — even though the animals continued to eat the same dangerous diet.[19]

In a human study, volunteers taking 1,000 mg per day of DHA decreased serum markers of liver cell damage and levels of triglyceride fats.[20]

• **Fight Acute Inflammation.** Increasing your DHA intake can help balance the excess of inflammatory omega-6 fats that is typical in today's diet. This helps improve autoimmune conditions like rheumatoid arthritis.

In one study, 38 people were given 2,100 mg of DHA or a placebo every day. After 10 weeks, those who took DHA saw their swollen joints drop from 14 to 10 — a reduction of nearly 29%.[21]

Researchers also found that DHA shifted the balance of fatty acids and inflammatory compounds in their bodies toward a more anti-inflammatory state.

• **Lower Chronic Inflammation.** Unlike acute inflammation where your body responds immediately to a specific injury, chronic inflammation can be more subtle, creeping up on you over a period of several months, or even years.

And it's the number one cause of accelerated aging and the diseases related to it.

But a new study shows DHA is vital in suppressing the slow-burning fire of chronic inflammation.

In a recent clinical trial, Tufts University researchers followed a group of adults with chronic inflammation. The participants were randomly assigned to receive either EPA or DHA supplements twice a day.[22]

After 34 weeks, the researchers discovered that DHA lowered the genetic expression of four types of pro-inflammatory proteins by up to 51%... lowered white blood cell secretion of three types of pro-inflammatory proteins, and reduced levels of specific anti-inflammatory proteins.

• **Keep Your Muscles Strong.** One of the biggest threats you face as you get older is the gradual loss of muscle. Doctors call it sarcopenia. I call it one of the fastest ways to lose your independence.

But omega-3s like DHA can help protect the muscle you need to stay strong and active.

In a randomized, double-blind study, researchers gave 200 older adults either fish oil providing 1,070 mg of DHA plus 1,340 mg of EPA every day or a placebo.

After six months, the omega-3 group had significantly more total skeletal muscle and muscle in their arms and legs. They also improved their grip strength and physical performance.[23]

That means DHA-rich omega-3s don't just help you live longer. They can help you stay strong enough to enjoy those extra years.

• **Lower Your Blood Pressure.** DHA also helps keep your blood vessels and circulation working the way nature intended.

In one double-blind, placebo-controlled study, researchers gave overweight men either purified DHA, EPA, or a placebo for six weeks.

The results surprised them.

EPA didn't significantly lower blood pressure. But DHA did.

Compared with placebo, DHA lowered 24-hour blood pressure by an average of 5.8 points systolic and 3.3 points diastolic. It also lowered heart rate.[24]

And another randomized trial found a similar effect. After 12 weeks, people taking DHA experienced a significantly greater reduction in systolic blood pressure than those taking EPA.[25]

That's important because every extra point of pressure puts more wear and tear on your arteries as the years go by.

• **Protect Your Skin From The Inside Out.** Your skin is constantly under attack from sunlight, pollution, and inflammation. And DHA can actually change how your skin responds to these assaults.

British researchers gave healthy volunteers DHA for 10 weeks and then examined what happened when their skin was exposed to ultraviolet radiation.

They found DHA changed the inflammatory response inside the skin. In particular, DHA prevented the UV-triggered migration of specialized immune cells called Langerhans cells.[26]

And there's evidence DHA can help people already struggling with inflammatory skin problems.

In a randomized, double-blind trial, researchers gave people with atopic eczema either DHA or a control supplement for eight weeks.

Those taking DHA experienced a significant improvement in the severity of their eczema. Researchers also found changes in immune activity and a healthier balance of omega-3 to omega-6 fats in their blood.[27]

Get The Most Out Of Your DHA

Aim to get between 600 mg and 1,000 mg of DHA every day.

You already know that some of the best sources of DHA come from the ocean. Cold-water, fatty fish like salmon, mackerel, trout, tuna, and herring are all rich in DHA. Good shellfish sources include shrimp, crab, lobster, and clams.

But here are three more ways to get the most DHA into your diet:

1. **Eat More Organ Meat.** Many people remain unaware that meat is an excellent DHA source. But not just any meat will do:

   Unless livestock is 100% grass-fed, its DHA content will be negligible. The best cuts are organ meats — liver, heart, and kidneys. These are also packed with other vital nutrients such as CoQ10, B vitamins, and protein.

2. **Don't Disregard Dairy.** One of my biggest gripes with mainstream medicine is how dairy has been slandered as "non-essential" or even as "unhealthy." It's nonsense.

   Dairy from pasture-raised animals contains healthy amounts of DHA — which is good for your brain *and* your body. When shopping at the store, make sure to look for milk taken from grass-fed sources.

3. **Supplement The Right Way.** It's hard to get the nutrients you need from your diet alone. So supplementing is the best way to get the highest healthy intake of DHA. Here's what I tell my patients:

• **Take The Right Kind.** To get the highest intake of DHA, supplement with squid, or calamari, oil. But make sure your oil comes from squid that live in the pure, clean waters off the coast of South America.



Squid from the pristine waters near the Antarctic provides the highest intake of DHA.

- **Then Combine It With Krill Oil.** The fatty acids of this tiny shrimp-like animal are stored in phospholipid form. This helps it easily pass through cell membranes in the brain.
- **Add In Some Astaxanthin.** Astaxanthin also helps the oils permeate your tissues where it's needed, including crossing the blood-brain barrier where the DHA can benefit you.
- **Take It At The Right Time.** Standard advice is to take your DHA first thing in the morning. I disagree — especially if you practice intermittent fasting. I suggest taking it with your meal that has the most amount of healthy fats. This increases absorption.
- **Store Your Soft Gels In The Freezer.** By the time the supplement starts to break down and release its liquid, it's further down in the gastrointestinal tract, which aids digestion and absorption.
- **Take It With Vitamin E.** Taking vitamin E protects the oil from undergoing potentially damaging oxidation in the body.

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NOTES:

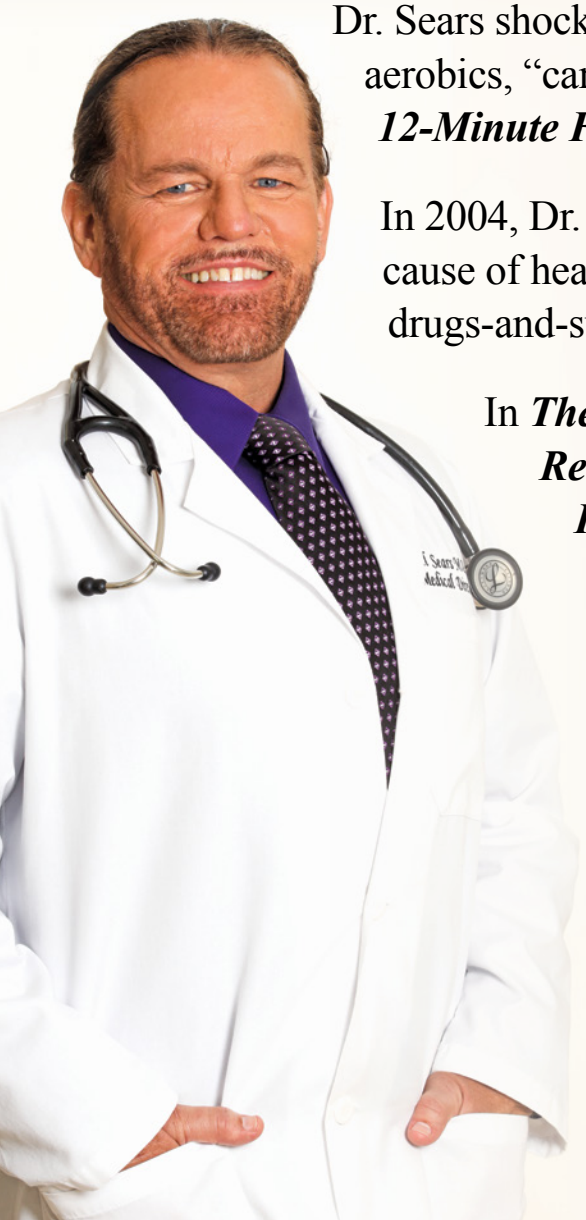
The information provided in this letter is for educational purposes only and any recommendations are not intended to replace the advice of your physician. You are encouraged to seek advice from a medical professional before acting on any recommendations in this publication.

Al Sears, MD

Al Sears, MD, CNS, is a medical doctor and one of the nation's first board-certified anti-aging physicians.

As a board-certified clinical nutritionist, strength coach, ACE-certified fitness trainer and author, Dr. Sears enjoys a worldwide readership and has appeared on more than 50 national radio programs, ABC News, CNN and ESPN.

In 2010, Dr. Sears unveiled his proven anti-aging strategies in ***Reset Your Biological Clock***. As the first U.S. doctor licensed to administer a groundbreaking DNA therapy that activates the gene that regulates telomerase, Dr. Sears made history by bringing telomere biology to the general public.



Dr. Sears shocked the fitness world by revealing the dangers of aerobics, "cardio" and long-distance running in his book, ***PACE: The 12-Minute Fitness Revolution***.

In 2004, Dr. Sears was one of the first doctors to document the true cause of heart disease and expose the misguided and often fatal drugs-and-surgery approach to heart health.

In ***The Ageless Heart Manual: Advanced Strategies to Reverse Heart Disease and Restore Your Heart's Pumping Power***, Dr. Sears outlines the easy-to-follow solution that effectively eliminates your risk of heart disease, high blood pressure and stroke.

An avid lecturer, Dr. Sears regularly speaks at conferences sponsored by the American Academy of Anti-Aging Medicine (A4M), the American College for the Advancement of Medicine (ACAM) and the Age Management Medicine Group (AMMG).

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